



Event Schedule

Thursday, 1/10	4:00 – 7:00p	Early Packet Pick-Up & Walk-Up Registration - *Photo ID Required* Susan M. Duncan Family YMCA: 6350 Eldridge St, Arvada (Click here for directions.)
Saturday, 1/12	7:30a	Race Day Packet Pick-Up & Walk-Up Registration Open - *Photo ID Required* Stenger Soccer Complex: 11200 W 58th Ave, Arvada (Click here for directions.)
	8:45a	Half Marathon & Relay Pick-Up & Registration Close
	9:00a	Half Marathon & Relay Start / 10K Pick-Up & Registration Close
	9:10a	10K Start / 5K Pick-Up & Registration Close
	9:20a	5K Start / 1M Pick-Up & Registration Close
	9:25a	1M Start
	10:00a	1M Awards & Prize Drawing
	10:15a	5K Awards & Prize Drawing
	10:45a	10K Awards & Prize Drawing
	11:45a	Half Marathon Awards & Prize Drawing

Athlete Instructions & Event Details

Age Groups - Competitive divisions are determined by an athlete's age on race day and groups are in 10-year increments.

***Note:** Those who place in the top 3 for their distance and gender will be moved to an overall division, regardless of age, leaving the remaining field eligible for division awards.

Aid Stations	1	2	1*	3	3	1	2	1*	3	3
5K Mile	1.1		1.5							
10K Mile	1.1	2.5	3.9	5.1	5.8					
Half Marathon / Relay Mile	1.1	2.5	3.9	5.1	6.3	7.5	8.8	10.2	11.4	12.6
First Aid	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Water	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
PowerAde		✓		✓	✓	✓	✓	✓	✓	✓
Clif Gels		✓		✓	✓	✓	✓	✓	✓	✓
Porta-Poos	✓		✓			✓		✓		

***Note:** Please tell your four-legged running partners they will have water at each stop too!

Alumni Recognition – Custom printed brag tags have been designed to attach nicely to your finisher medal and will be available to all repeat finishers... just catch your breath then c’mon over to the tents where packet pick-up was held so we can thank you for making Polar Prowl a tradition!

Audio Devices – iPods or other portable music devices that require the use of a headset are discouraged but will not disqualify athletes from competition. For safety purposes and so you can hear event announcements or course directions, please be sure to keep the volume at a reasonable level.

Awards – Although winners must be present to receive prizes contributed by our sponsors, those who are unable to stay for their ceremony will have 1 week to claim their award by emailing events@alloutmultipro.com. Winners may choose to pick up their award at an upcoming AMP event or have it mailed, but payment of postage & handling will be required in advance of any mailing.

Bibs – **TIMING CHIPS MUST BE REMOVED FROM YOUR BIB** and affixed to your shoe (more below) so your race number is visible from the FRONT at all times... not from the back and not wrapped around the side of your leg. Safety pins will be provided at packet pick-up for those who do not have a set of our Bibfix or a race belt. Please be aware that bib numbers are assigned and programmed into our system uniquely for each athlete, so if you are checking in with a friend or family member, please be very careful not to swap bibs.

***IMPORTANT:** Timing chips must be worn on your shoe, **even if you have no interest in knowing your finish time**.

***Note:** Due to the unfortunate actions of some bandits, **if your bib is not visible when you cross the finish line**, you will not receive a medal, guaranteed timing results or be eligible for awards, and you will not have access to hydration or nutrition.

Course – Ground markings, directional signs, marshals and volunteers will be positioned to guide you through the course, but it is always a good idea to study up in advance. Interactive maps are available online, and maps will be on display at Packet Pick-Up, but we will not be printing & distributing copies to each athlete.

Dogs – Please know that the last thing we want to do is stop allowing your four-legged, fuzzy running partners to participate. If you have a dog with you, please be sure to start from the back of the chute, then please keep their leash as short as possible AT ALL TIMES... not just when you see someone coming.

Drop Zone – Beginning about 150' before and ending 150' after your first aid station, athletes may drop layers of clothing or equipment they no longer wish to have with them. Our amazing staff and team of volunteers will transport these items to Lost & Found as quickly as possible. Please be sure your name is on anything you drop for easier identification when you finish.

***Note:** Although we will deliver all dropped items to Lost & Found, only those left on your first pass by an aid station can be brought in immediately. If you drop items at any other station, please plan to wait until the end of the event to pick them up.

Email – Spam filters can send our communications to your junk folder or worse... block them completely, even if you've received them in the past. Rest assured, if you're registered, we're sending them. If you haven't added us to your contact list or specifically allowed email from us otherwise on your end, or if you have unsubscribed from our emails at some point, *no fair complaining about our lack of communication* as all the same information will be posted to the event page of our website.

Emergency Plan – Should an unexpected weather event or anything else cause the need for emergency evacuation on race day, anyone who becomes separated from their group should plan to meet at the YMCA on Eldridge. [Click here for directions.](#)

Entry Changes – Should you decide to change distances after you register, or whoops... realize you registered as a male instead of a female, for instance, please [log in to imATHLETE](#) at least 3 days before the event so we can provide accurate info to our timers.

Should a change of any kind become necessary after online registration has closed, please check in like everyone else, then head over to where walk-up registration is being taken... that's where changes can be made too!

***Please be aware that changing your entry to another athlete after online registration has closed is NOT allowed.** For both safety and legal reasons, all transfers must be completed in the manner described on the [Rules & Policies page of our website.](#)

***IMPORTANT:** **Your timing chip is not a GPS tracking device** - If you decide to change distances after online registration has closed, *please notify the folks at packet pick-up.* If for any reason, you need to change distances after you've started your race you must personally notify the timers immediately after you cross the finish line or you will be **disqualified**.

***Special Attention:** *Although it may not seem like a big deal if you change distances without telling us, and although you may not care if you get disqualified... please understand that an average 10K time, for instance, can look very much like a fast half marathon when finalizing results. In a case like this, failing to notify us that you've switched from the half to the 10K can throw off the awards for hundreds of other athletes, with the same being true for other distances as well.*

Finish Line Safety – As amazing as your accomplishment is, and as precious as those photos are with your kiddos in them, for everyone's safety... **unless you pick up your child at least 100 ft before you enter the chute & carry them the rest of the way...** please do not allow your children of any age to join you at the finish line.

Gear Check - Please feel free to check anything from goodie bags or duffels to a single set of keys, but please be sure you have consolidated into one piece only, and know that you are checking AT YOUR OWN RISK. Although we will do our best to keep your items safe, we will not be hiring professional security and will NOT BE HELD RESPONSIBLE for lost, stolen or damaged items.

***IMPORTANT:** Please be sure you don't take your bib number off until you have picked up your gear! For security purposes, checked items will only be released to an athlete wearing the corresponding bib number. Any gear not picked up by the end of the event will be considered 'Lost & Found' and will be handled in the manner specified below.

Inclement Weather - Although we plan to race rain, snow, wind or shine, the Race Director, City and/or Park Management reserve the right to reschedule, modify or cancel any or all portions of this event if weather conditions or anything else compromises athlete safety or makes the originally planned event unachievable. There will be no refunds and no credits toward another race for rescheduled, modified or cancelled events when the circumstance that made it necessary was out of our control.

Litter - Please remember that we are guests of the venues that welcome us, and that litter could jeopardize the life of this event. Please **DO NOT LITTER!** Instead, please utilize the drop zone described above or dispose of all trash in proper receptacles.

***Note:** Although we will scour for trash surrounding all aid stations, so there's *no need to carry cups & such as you complete your race....* scouring for 13.1 miles definitely leaves room for items we might miss. Please do not drop trash unless you are within a reasonable distance of an aid station.

Lost & Found – All items picked up from within the drop zone or found laying around the venue will be taken to Lost & Found which will be located under the tents where Packet Pick-Up was held. Please check to see if we have what you're looking for before heading home for the day, or email us at events@alloutmultipro.com as soon as possible following the event as items will only be made available for a period of 1 week. You may choose to pick up your item at an upcoming AMP event or have it mailed, but payment of postage & handling will be required in advance of any mailing.

Merchandise – Because shipping is not an option for merchandise delivery, please be sure to pick up (or send someone to pick up) anything you purchased with your registration. All items that ultimately go undelivered will be restocked back into inventory without the benefit of a refund. *(Eeesh... no one wants to see that happen.)*

Packet Pick-Up / Photo ID & Waivers – To prevent the theft of entries by folks who might just pick a name off the posted roster, all athletes will be required to provide photo proof of identity to pick up their packet. ***This rule will be strictly enforced for your protection so no fair yelling at the race director if you forget.***

***Note:** *Only those who registered online personally and agreed to AMP's electronic waivers at that time may send someone to pick-up their packet for them. Anyone you send in your place must have a copy of your Photo ID... sorry, no exceptions.*

Parking – There will be puh-lenty of room for athlete & spectator parking, but please follow all parking signs & direction on race day, keeping the appropriate lots available for staff, sponsors & volunteers headed out to support you on the course.

Participants – Competitive runners, joggers, walkers, K9 companions, wheelchairs & strollers... all are welcome, but please *show respect for your fellow athlete* by following all directions given for positioning at the start.

Porta-Poos – *Under no circumstances* should athletes 'relieve' themselves in public areas. Please either use the facilities available at the venue or look for units positioned along the course.

Post-Race Meal – Mmmm... breakfast tacos! Please enjoy some immediate hydration at the finish line then catch your breath & look for the areas in expo where we will be serving breakfast tacos, bagels, fruit & chocolate milk! Although the meal is FREE for all athletes... it is for athletes only. All spectators should plan to bring with them whatever food & beverage they might want.

Pre-Race Hydration / Nutrition - Nothing is more important to us than your safety... period, so please know that although you will not be allowed to fill bottles, cups of water will be available at the meal tents before you race. Nutrition has been calculated based on the expected number of finishers and will continue to be served post-race only.

Prizes – You DO NOT want to miss your award ceremony! Our fabulous sponsors have contributed **over \$3,000** in prizes and all athletes will be eligible to win!

***Note:** To be sure we call out only those who are present, tickets will not be taken until the start of each ceremony. Please wait until these times to approach our staff with your ticket: **1M: 10:00a / 5K: 10:15a / 10K: 10:45a / Half: 11:45a**

Relay Awards - Relay teams will be viewed as one competitive category with no consideration for age or gender, for the time being, and the top 3 teams overall will be awarded during the ceremony for the appropriate distance.

Relay Exchange – The spot where you should hand-off your chip to the next member of your team will be just west of Aid 1 and well-marked, for your convenience. Team member 1 should hand-off to member 2 on their way back from the first turnaround, which will make for a 1st leg of approximately 3.8 miles. Team member 2 should complete one full loop and hand off to member 3 at that same spot, making for a 2nd leg of about 6.3 miles. [Click here for a map or directions to the exchange point.](#)

Relay Finish – Although the first two team members will have already fulfilled their duties, why should they be left out of that finish line high? Not only do we encourage earlier team members to enter the chute & finish with the final member, doing so is also the **only way to get your finisher's medal** (not to mention a great team pic). Timing chip slap bands will be collected at that time, as they will be needed for future relay teams.

Results – Results will be scrolling on screens from a booth in the expo area throughout the race (look for the giant, bright green 'Results' flag), and will be posted at www.onlineraceresults.com by the end of race day.

***IMPORTANT:** Please be sure to find your finish time on posted results **before your award ceremony.** Should something seem out of whack, the nice timing folks right there in that booth are the ones who can get it straightened out, as **staff members handing out awards do not have access to the timing system.** Although discrepancies that go unreported on race day may be corrected online for final standings, if you decide not to check results before your ceremony... please do not expect awards to be adjusted for you later. Any discrepancy whatsoever must be reported by **11:59p Tuesday, 1/15**, either through the contact function at www.onlineraceresults.com or via email to events@alloutmultipro.com, to be considered for revision.

Roster – Questions ranging from 'am I registered' to 'how many are racing in my age group' come in all the time. (No, you're not alone.) If anything at all about the roster is threatening to keep you up at night... no worries, just go to the event overview on imATHLETE, click 'Participants', and poke around till your heart's content.

Safety / Medical – All staff vehicles and aid stations will be equipped with first aid kits, and EMT's and/or Paramedics will be positioned at both the start / finish and out on the course for anyone who may need assistance.

T-Shirts – We want you to LOVE your race shirt! Although you will initially be given the size you selected online, if you believe a different size might work better, please stop by the Lost & Found area *after you race* to see if a swap is possible.

***Note:** To be certain those who registered earliest receive the shirt size they requested, athletes who walk-up to register (either at Early Packet Pick-Up or on race day) will be required to wait until after they race to select from the sizes that remain.

Text Results – We think your refresh key has taken enough abuse, don't you? If you'd like to receive your individual results & placements from us via text the moment they're available, please text the word ALLOUT to 550055 before you race.

***IMPORTANT:** To receive the text, we need to have a mobile number as part of your entry. If a change to your entry needs to be made... no problem, just login to imAthlete using your confirmation code by 11:59p Wednesday, 1/9, to make the change there. Oh, and once you're in... you're in! **Please do not text again if you've already done so for a previous event.**

Timing – All results and awards will be based on chip times (time starts when you cross the mats) rather than gun times (time starts when the gun goes off). Please be sure you start with the correct distance and please know that even if no one passed you, it is possible that they could finish with a faster time.

***IMPORTANT:** **TIMING CHIPS MUST BE REMOVED FROM YOUR BIB AND PROPERLY ATTACHED TO YOUR SHOE for you to receive a time.** Please either look for the instruction sheet that will be posted on race day or right there on the chip itself for a 'how to', as attaching the chip incorrectly can be as bad as not wearing it at all. (Psst... *in a circle = good, folded flat = bad.*)

Trail / Race Etiquette – Because we utilize area trails rather than roads open to traffic (*for your safety*), the more athletes there are on race day, the more important trail etiquette principles become. Not only should you consider your fellow racers, but John Q. Public will be out there as well. Very basically... **stay right at all times so others can pass on your left.**

***Note:** If you are participating with friends or family... please fall back to single file when another athlete approaches, keeping in mind that they may be coming either from in front of or from behind you. If you are the athlete approaching from behind, please be sure to call out in advance so they know you're coming. Also, if you are planning to use a walk/run strategy or you are someone just learning the ropes, please stay on the far-right edge of the course at all times and, to avoid causing a rear-end collision, please be sure to take a peek behind you before you slow to a walk.

Updates – Last minute event updates will be posted on our website and to Facebook, but will only be emailed to registered athletes if time / circumstances allow. Please bookmark our website and/or 'like' us on Facebook to stay in the know.

Waivers – Nope... can't avoid the legal stuff these days, darn it. If you registered yourself online, you agreed to the waiver at that time and you're all set. If someone else was kind enough to get you entered and you have not logged back in to agree to the waiver directly, you must pick-up your packet in person. (Sorry, **absolutely no exceptions.**)

Walk-Up Registration – Entries will be available at both Early Packet Pick-Up and on Race Day. Although **checks will not be accepted**, we're cool with cash or credit / debit (Visa, Master Card, American Express & Discover).

***IMPORTANT:** Due to the need for waivers to be signed, all walk-up entries must be completed in person. Please **DO NOT** send a friend or family member to register on your behalf. (Nope... sorry, not even your spouse.)

Wrap-Up – Links to photos & results have been posted to the event page of our website for your post-race viewing pleasure... then there's the Results & Photos page too, of course! Either way is fine, just please don't mistake any of the online race calendars where you may have found us, or our registration site (imAthlete) as a source for this information. **No site other than www.alloutmultipro.com can be relied upon for accurate information.**